

Ripken Baseball and Velocity Sports Performance  
combine to offer unique 2 day  
baseball performance clinic!

\*LIMITED SLOTS - ENROLL TODAY TO LEARN THE SKILLS OF THE GAME THE  
"RIPKEN WAY" AND THE SECRETS OF BASEBALL PERFORMANCE TRAINING.\*

Why Do You Train?

This two day clinic will focus on both baseball specific skill work as  
well as the attributes of fast, agile, flexible and explosive baseball  
players.

Areas of focus:

Provide baseball players the best well-rounded experience in all field  
positions, rather than focusing on a select few.

Rotate through each of the following stations: infield, pitching,  
outfield and hitting.

Instills the foundation that players need in order to advance to more  
technical programming Taught by Ripken Baseball Certified Coaches and

Velocity Sport Performance Degreed and Certified performance coaches  
- Teaches active dynamic warm-up exercises to properly get the athlete  
ready to compete  
- Teaches the foundation of proper bio-mechanic movement  
to allow for maximization of speed and agility capabilities  
- Teaches advanced plyometric exercises to train the body for explosive  
movements

June 21 and 22  
1:00 - 4:30

Hollin Hall Fields  
1500 Shenandoah Road  
Alexandria, VA 2308  
[www.FHYAA.org](http://www.FHYAA.org)

\$215.00

Every Camper will receive a NEW ERA Ripken baseball cap.

CALL TODAY TO REGISTER  
703.916.1200  
[WWW.VELOCITYSP.COM/ALEXANDRIA](http://WWW.VELOCITYSP.COM/ALEXANDRIA)